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CERT IS
WHAT
YOU
MAKE IT!

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CERT All-Member Monthly Newsletter

NOVEMBER 2014

The CERT monthly newsletter is available on our webpage at:
<http://www.nassaucountyny.gov/agencies/OEM/CC/CERT/brief.html>

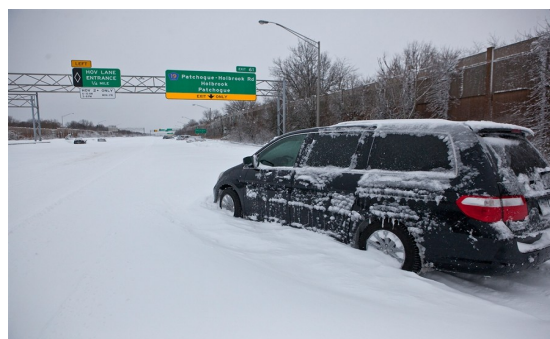


Safe Winter Driving: Tips from OSHA & The US Department of Labor

<https://www.osha.gov/Publications/SafeDriving.pdf>

As the saying goes, it is never too early to get prepared, and we as CERT's need to be even more ahead of the game if we are going to be able to step out into the community and be of service.

November is a great time to take the opportunity to get our cars in shape for the cold winter driving months ahead. Go through these winter driving tips, make yourself a list, and knock a couple of items of the list each week; before you know it you, your passengers and your car will be ready to take on whatever comes our way this winter.



These photos all come from the LIE this past winter. It DOES happen here!

Continued on Page 6



From the Desk of the Deputy Director

As we enter November, autumn is in full swing; and with Thanksgiving happening later in the month, I just wanted to mention some food safety tips that are of particular importance. According to the CDC the largest amount of food poisoning cases occur over Thanksgiving, and no not every one of them can be attributed to me.

According to the Department of Health:

- Thaw the frozen turkey in the refrigerator. Allow one day for each five pounds of turkey. A twenty-pound turkey will take about four days to thaw. Hint: Remove neck & giblets from inside the bird as soon as possible to hasten thawing.
- Do not thaw on the kitchen counter. If you do not have time to thaw in the refrigerator, you may thaw it in cold water, provided that the turkey is in a leak-proof packaging, it is submerged, and the water is changed every half-hour. Allow 30 minutes per pound of turkey to thaw in cold water.
- Cook fresh turkeys within two days, thawed ones within four days.
- Wash your hands with hot, soapy water before and after handling raw poultry. Wash all knives, cutting boards and utensils also after using for raw poultry.
- Read and follow the cooking directions on the label. Cook turkey until it is done (165°F). Do not slow cook overnight at low temperatures or partially cook. Some turkeys come with pop-up thermometers. They are to be used only as a guide to doneness. [Take the temperature with a meat thermometer](#) to be sure the temperature is over 165°F.
- Stuffing should not be prepared a day ahead and the turkey should not be stuffed until ready to cook. A quicker, safer method is to cook the stuffing separately in a casserole, using some of the pan juices to flavor and moisten the stuffing.
- Eat the meal as soon as it is prepared. Do not leave leftovers out on the counter or table after dinner. Cut the meat off the bones and put it in shallow containers in the refrigerator.
- Reheat all leftovers to 165°F. (Use your meat thermometer.) Gravy should be brought to a rolling boil.

Following these guidelines will ensure an enjoyable and safe Thanksgiving for you and your guests. Also if you are anything like me you might need the number for the Butterball hotline - 1-800-BUTTERBALL (800-288-8372), they can provide other safety and cooking information for anything that I didn't address above.



Have a happy Thanksgiving and I look forward to seeing you at the All-County Meeting in December!

Eric



As Daylight Savings Ends, we ask you to use this reminder to change the batteries in your Smoke Alarms and Carbon Monoxide detectors. If you don't have these life saving devices in your home, now is the time to get them!



NOVEMBER 2014 - Upcoming Events

NOVEMBER 2014						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4 ELECTION DAY	5 BASIC #6 GRADUATION	6 RACES MTNG	7	8
9	10	11 VETERANS DAY	12	13	14	15
16	17	18	19	20 DIV LDRS MTNG	21	22
23 30	24	25	26	27 THANKSGIVING	28	29

Basic Class # 6 - Wed Nov 5th

CW Post - Humanities Hall Rm 119

Time: 7 - 10 pm (1900-2200)

Contact Main Office to Sign up, or take as a Refresher.

RACES/Comms Meeting - Thurs Nov 6th

OEM Lecture Hall

Time: 7:00 pm (1900)

Division Leaders Meeting - Thurs Nov. 20th

OEM Lecture Hall

Time: 7:00 pm (1900)



DECEMBER 2014 - Upcoming Events

DECEMBER 2014						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3 Division 1 Meeting	4 RACES MTNG	5	6
7	8	9 Division 4 Meeting	10 ALL COUNTY MEETING	11	12	13 CPR Class
14	15	16 Hanukkah	17 Hanukkah	18 DIV LDERS MTNG Hanukkah	19 Hanukkah	20 Hanukkah
21 Hanukkah	22 Hanukkah	23 Hanukkah	24 Christmas Eve Hanukkah	25 Christmas	26	27
28	29	30	31 New Years Eve			

Division 1 Meeting - Wed Dec. 3rd

OEM Lecture Hall
Time: 7:00 pm (1900)

RACES/Comms Meeting - Thurs Dec 4th

OEM Lecture Hall
Time: 7:00 pm (1900)

Division 4 Meeting—Tues, Dec 9th

LI Red Cross Chapter
195 Willis Ave, Mineola 11501
Time: 7 pm (1900)

ALL COUNTY MEETING—Wed Dec 10th

OEM Lecture Hall
Time: 7 pm (1900)

CPR Class—Sat Dec. 13th

OEM Lecture Hall
Time: 9am –Noon

Limited class size—Sign Up will be on a First Come basis after the email has been sent out.

Division Leaders Meeting - Thurs Dec. 18th

OEM Lecture Hall
Time: 7:00 pm (1900)



Characteristics of the Incident Command System: Part 6
Understanding the responsibilities of the Resource Unit Leader (RESL).
Command and Control Series—Courtesy of U.S. Fire Administration

The Resource Unit Leader or RESL is responsible for maintaining the status of all assigned resources (primary and support) at an incident. This is achieved by overseeing the check-in of all resources, maintaining a status-keeping system indicating current location and status of all resources, and maintaining a master list of all resources (key supervisory personnel, primary and support resources, etc.).

Participate in incident planning meetings as required.

- Determine current status of unit activities.
- Confirm dispatch and estimated time of arrival of staff and supplies.
- Assign specific duties to staff, and supervise staff.
- Develop and implement accountability, safety, security and risk management measures for personnel and resources.
- Supervise demobilization of unit, including storage of supplies.
- Provide Supply Unit Leader or SPUL with a list of supplies to be replenished.
- Establish check-in function at incident locations.
- Prepare Organization Assignment List (Incident Command System (ICS) Form 203) and Organization Chart (ICS Form 207).

Prepare appropriate parts of Assignment Lists (ICS Form 204).

- Prepare and maintain the Command Post display (to include Organization Chart and resource allocation and deployment).
- Maintain and post the current status and location of all resources.
- Maintain master roster of all resources checked in at the incident.
- A Status/Check-in Recorder reports to the RESL and assists with the accounting of all incident assigned resources.
- Maintain Unit/Activity Log (ICS Form 214).

For additional information regarding the RESL's responsibilities, the U.S. Fire Administration/
National Fire Academy Field Operations Guide can be accessed at:

<http://feti.lsu.edu/municipal/NFA/TRADE/materials/TRADE%20CD%20XVI/WebHelp/index.htm>

Planning Section Chief

Resource Unit Leader



Safe Winter Driving: Tips from OSHA & The US Department of Labor

<https://www.osha.gov/Publications/SafeDriving.pdf>

Winter driving can be hazardous and scary, especially in the northeast where we get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency. Your safety and the safety of those who ride with you depends on the following -

PREPARE for the trip; PROTECT yourself; and PREVENT crashes on the road.

Maintain Your Car: Have your battery, tire tread, and windshield wipers checked and replaced if worn to low, put no-freeze fluid in your windshield washer reservoir, and check your antifreeze.

When the temperature drops, so does battery power, it takes more battery power to start your vehicle in cold weather than in warm. For electric and hybrid vehicles, the driving range is reduced and the battery systems work better after they warm up. Make sure your battery is up to the challenges of winter by:

- » Having your mechanic check your battery for sufficient voltage;
- » Having the charging system and belts inspected;
- » Replacing the battery or making system repairs, including simple things like tightening the battery cable connections.

Have On Hand: flashlight with **new** batteries (if they have been sitting in the car since last winter chances are they are not going to work well), jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares or reflective triangle) and blankets. For long trips, add food and water, medication and fully charged cell phone (if your car battery dies you won't be able to charge the cell phone)

Plan Your Route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/directions, (poor weather can cause cell phone service to drop, leaving you without your digital map) and let others know your route and planned arrival time.

Stopped or Stalled? Stay in your car, don't overexert, put bright markers on your antenna or windows and shine dome light, and, if you run your car, **clear exhaust pipe** and run it just enough to stay warm. Don't idle for a long time with the windows up or in an enclosed space.

Additional Safety Tips:

- * Buckle up and use child safety seats properly.
- * Never place a rear-facing infant seat in the front seat or in front of an air bag.
- * Children 12 and under are much safer in the back seat.
- * Drugs and alcohol never mix with driving.
- * Slow down and increase distances between cars.
- * Keep your eyes open for pedestrians walking in the road.
- * If you are planning a long driving trip - Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.
- * If you are planning to drink, designate a sober driver.



Know Your Car and Practice Cold Weather Driving!

(This is great information to share with a new driver in your life)

*Handling your car in winter weather is a skill like any other we CERT's possess,
and it must be practiced to be utilized correctly.*

Every vehicle handles differently; this is particularly true when driving on wet, icy, or snowy roads. Take time now to learn how to best handle your vehicle under winter weather driving conditions.

» Practice cold weather driving when your area gets snow — but not on a main road. Until you've sharpened your winter weather driving skills and know how your vehicle handles in snowy conditions, it's best to practice in an empty parking lot in full daylight.

» Drive slowly. It's harder to control or stop your vehicle on a slick or snow-covered surface. On the road, increase your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you.

» Know what kind of brakes your vehicle has and how to use them properly.

- In general, if you have antilock brakes, apply firm, continuous pressure.
- If you don't have antilock brakes, pump the brakes gently.

» Stay calm and ease your foot off the gas while carefully steering in the direction you want the front of your vehicle to go if you find yourself in a skid. Stay off the pedals (gas and brake) until you are able to maintain control of your vehicle. This procedure, known as "steering into the skid," will bring the back end of your car in line with the front.

» When renting a car you should become familiar with the vehicle before driving it off the lot. For instance, you should know the location of the hazard lights in case of emergency. Take a minute to review the owner's manual in the rental car so that you are prepared.

AMATEUR RADIO OPERATORS UNITE For A GOOD CAUSE! - By Bob Long

It is not only during a disaster that Amateur Radio Operators come together. On October 19th at Jones Beach State Park over 45 Amateur Radio Operators came out to aid the American Cancer Society in conducting their annual walk on the Jones Beach Boardwalk. On this day they were operating under the **Nassau County ARES** (*Amateur Radio Emergency Service*) Banner.

As most of the Hams wear many hats it is no surprise how many organizations were represented this day! **ARES** Member's from Nassau, Babylon, Islip, Queens, who are also members of **ARC** (*American Red Cross*) & **ARC ECS** (*Amateur Radio Club Emergency Communication Service*), **CAP** (*Civil Air Patrol*) **LIMARC** (*Long Island Mobile Amateur Radio Club*) **RACES** (*Radio Amateur Civil Emergency Service*), **SKYWARN**, **SHTFLI** (*Samaritans Helping The Families of Long Island*) and of course **CERT** all helped the American Cancer Society conduct a safe and productive event to support those with Cancer.

It was a job well done by the **ARES** leadership and all those who took part in this event. Everyone did an outstanding job whether they were working alongside one another for the very first time or for years! This was a perfect example of what Nassau County **EMCOMM** (Emergency Communications) Teams can do when the call goes out - whether for a planned event like this or in a time of crisis.





Working SMOKE ALARMS SAVE LIVES

Change Your Clock, Change Your Battery

"Dedicated To Life Safety"

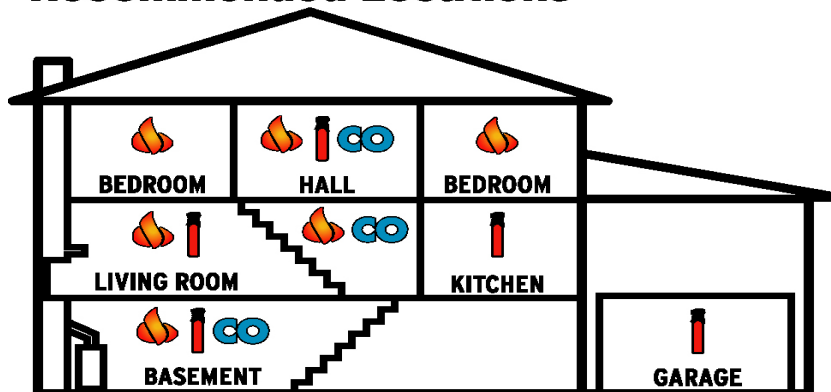
An open letter from Fire Chief Keith Bryant— President—
International Association of Fire Chiefs

Smoke alarms are one of the greatest fire safety success stories of our time. Since they were introduced in 1975, home fire deaths have been cut in half, even as the nation's population has increased by half. But far too many people let the batteries in their smoke alarms wear out, or even remove them to avoid occasional nuisance alarms. And too many people -- and their families -- pay for their neglect or poor judgment with their lives.

About 2,500 people a year die in structural -- mostly residential -- fires. According to the National Fire Protection Association, more than 60 percent of them -- over 1,500 people -- are dying in homes that had either no smoke alarms or no working ones. That's more than three people a day.

This fall marks the 27th consecutive year the International Association of Fire Chiefs (IAFC) will partner with Energizer, the manufacturer of batteries, flashlights and lanterns, in the Change Your Clock Change Your Battery program. Together, we're asking people to test their existing batteries or install fresh ones in their smoke alarms in conjunction with the end of daylight saving time on Sunday, Nov. 2. It takes only a few minutes. This will not only give families critical early warning time to escape a fire, but *also helps to protect our firefighters by reducing the likelihood they'll have to enter a burning home to rescue someone still inside.*

Recommended Locations



Smoke Alarm



Carbon Monoxide Alarm



Fire Extinguisher



*Deadline for submission of articles,
photos and news for the next
CERT Newsletter is :
November 26th.*

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CERT BASIC COURSE



**THE NEXT CERT BASIC COURSE WILL TAKE PLACE STARTING IN JANUARY 2015
DETAILS WILL FOLLOW SOON**

SIGN UPS ARE ONGOING—CALL THE OFFICE WITH ANY QUESTIONS.

*(Current CERT Members may attend any class as a refresher,
check the website for session topics and exact location)*

<http://www.nassaucountyny.gov/agencies/oem/cc/cert/>

